



Apple Butter for the Slow Cooker



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



260 min.

SERVINGS



7

CALORIES



403 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 12 apples cored peeled cut into small cubes
- ☐ 2 cups brown sugar
- ☐ 0.5 teaspoon ground allspice
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon salt

Equipment

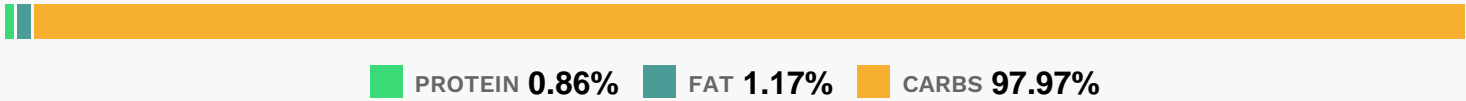
- ☐ paper towels

- ☐ knife
- ☐ pot
- ☐ spatula
- ☐ slow cooker
- ☐ immersion blender

Directions

- ☐ Combine apples, brown sugar, cinnamon, allspice, salt, and cloves in a slow cooker.
- ☐ Cook on High until the apples are tender enough to easily mash with a fork, 4 to 6 hours.
- ☐ Puree apple mixture with an immersion blender until smooth.
- ☐ Sterilize the jars and lids in boiling water for at least 5 minutes. Pack apple butter into the hot, sterilized jars, filling the jars to within 1/4 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings.
- ☐ Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil and lower jars into the boiling water using a holder. Leave a 2-inch space between the jars.
- ☐ Pour in more boiling water if necessary to bring the water level to at least 1 inch above the tops of the jars. Bring the water to a rolling boil, cover the pot, and process for 10 minutes.
- ☐ Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area.

Nutrition Facts



Properties

Glycemic Index:7.43, Glycemic Load:11.4, Inflammation Score:-4, Nutrition Score:6.2204347693402%

Flavonoids

Cyanidin: 4.9mg, Cyanidin: 4.9mg, Cyanidin: 4.9mg, Cyanidin: 4.9mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 4.06mg, Catechin: 4.06mg, Catechin: 4.06mg, Catechin: 4.06mg

Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg
Epicatechin: 23.49mg, Epicatechin: 23.49mg, Epicatechin: 23.49mg, Epicatechin: 23.49mg Epicatechin 3–gallate:
0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg
Epigallocatechin 3–gallate: 0.59mg, Epigallocatechin 3–gallate: 0.59mg, Epigallocatechin 3–gallate: 0.59mg,
Epigallocatechin 3–gallate: 0.59mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg
Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 12.51mg,
Quercetin: 12.51mg, Quercetin: 12.51mg, Quercetin: 12.51mg

Nutrients (% of daily need)

Calories: 403.08kcal (20.15%), Fat: 0.56g (0.86%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 105.33g (35.11%), Net
Carbohydrates: 97.48g (35.45%), Sugar: 93.43g (103.82%), Cholesterol: 0mg (0%), Sodium: 104.14mg (4.53%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Fiber: 7.85g (31.39%), Vitamin C: 14.43mg
(17.49%), Manganese: 0.3mg (14.83%), Potassium: 422.14mg (12.06%), Calcium: 78.06mg (7.81%), Vitamin B6:
0.16mg (7.76%), Vitamin K: 7.14µg (6.8%), Copper: 0.12mg (5.84%), Magnesium: 21.98mg (5.49%), Iron: 0.89mg
(4.93%), Vitamin B2: 0.08mg (4.8%), Vitamin E: 0.58mg (3.87%), Phosphorus: 37.44mg (3.74%), Vitamin B1: 0.05mg
(3.56%), Vitamin A: 171.05IU (3.42%), Vitamin B5: 0.28mg (2.76%), Folate: 10.09µg (2.52%), Vitamin B3: 0.37mg
(1.83%), Selenium: 0.78µg (1.12%), Zinc: 0.16mg (1.05%)